



The Chain of Concern

March/April 2006

The Maine National Guard Family Program Newsletter

This publication and any events/special offers in it are for ALL Guard families. Being involved **now** makes a deployment later much easier. Being involved now, helps to support others who may be facing deployment.



Family Assistance Center Phone Number

1-888-FMLY-CTR (1-888-365-9287)

www.me.ngb.army.mil/family Email: mefacpublic@me.ngb.army.mil



"Volunteers Are Our Gold"

The winter Olympics were great this year, but they don't have anything on the Gold Winners we have right here in Maine. Oh yes, Seth Wescott was great skiing down those slopes, but we have many more Stars right here in Maine – We call them Volunteers! Helping families day in and day out achieve their best.

The Maine National Guard is very fortunate to have such wonderful volunteers in our units. We are led by a terrific group of leaders but next to those terrific leaders, are a fabulous group of volunteers that help make the jobs of those leaders much easier. The heart of the guard is right here as these volunteers work within their units to support military families. These are the people that are often working behind the scenes to accomplish the big exciting surprises for our soldiers and families as well as the smaller significant events like shipping packages, sewing stockings, mailing thank you notes, sharing the guard story to the community and sharing time and talent with our families. If you would like to become a member of this elite team, please contact your unit volunteer coordinator and tell that person that you too, would like to help out. There's always room for one more!!! If your unit is not listed below, there is no UVC.

A HUGE THANK YOU to the following Unit Volunteer Coordinators! We couldn't do it without YOU!

**Linda Newbegin
Lead Volunteer &
133d Engr Bn Coord**

**Judy Dix
HSC 133d Engr**

**Lori Jones
Co A 133d Engr**

**Ginny Dill &
Sheila Hummiston
Co B 133d Engr**

**Priscilla Hebert
Co C 133d Engr**

**Lisa Nichols
152nd FA Bn Coord**

**Kristin Devoe
HSC 152 FA**

**Kristin Hickey
Btry A 152 FA**

**Len Hanson
Det 1 Btry A 152**

**Lori Tash
Btry B 152 FA**

**Ruth Barnes &
Sally King
Btry C, 152 FA**

**Bert Michaud
Det 1, Btry C, 152
FA**

**Kelly Curtis
Co G 126th Avn**

**Meaghan Jones
Ruth Lachapelle
Co B 1/172nd Inf**

**Linda Emonds
Lynn Fortin
Sharon Rideout
152nd Maint Co**

**LeeAnn Farley
1136th Trans Co**

**Margarite Cannon
Det 1 113th Trans**

**Melissa Squires
11th CST**

**Carol Duehring
State Volunteer &
Advisory Council**

April 16-22nd National Volunteer Week



Has a volunteer touched your heart this year? If you know of someone deserving, this is your turn to act now! Email your nominee with a 25 word essay explaining why you think this person deserve a treat! Every day of National Volunteer Week, a name will be drawn to receive a dinner for two! It can be anyone – they do not need to be directly related to the guard. A teacher who had their class sponsor you during deployment? A unit volunteer who helped you or your loved one? Take the time to let them shine for their love and care! Send your comments to mefacpublic@me.ngb.army.mil. All entries will be posted to our website.

Maine National Guard Teen Leadership Councils

There are four regional groups being developed to bring teens together to share ideas and build a program that can support military children. Each regional Teen Council will plan activities, have fun, make new friends, help Family Readiness Groups, go on trips and support each other through life. Since the Maine National Guard Youth Program is run FOR kids, it should be planned with the leadership of our guard youth.

Over the next 6 weeks, there will be organizational meetings across the state to develop this program. We need teens to participate and adult mentors!

What's in it for YOU?

1. Friends, friends that understand what it's like to have a military parent.
2. Cool trips --State events & National events--. Two teens from this newly established group will be selected to attend the National Guard Youth Symposium in Philadelphia in July! It's an awesome time, and you get to meet kids from all over the country.
3. Great experience in leadership – looks great on your job & college applications.



Come to Youth Camp 2006.....
You'll be so glad you did!

The Maine National Guard Youth Camp is now accepting applications! Youth Camp is designed to offer an active, healthy environment where Guard children will grow in confidence, character, and friendships with other Guard children. Activities include rappelling, archery, kayaking, confidence course, overnight bivouacs, arts & crafts, hiking and swimming. Week 1 of Youth camp for ages 9 through 12 will take place from July 9 through 15, and Week 2 will take place from July 23 through 29. The Cadet Program is for 13 and 14 year olds and will take place from July 16 through 22. The cost for the entire week at scenic Bog Brook Training Site in Gilead is \$50; however, we have discounts for multiple children and some scholarships for needy families. Campers and adult volunteers should download applications from our website.

Deadline for applications are 1 May for campers: 1 April for Junior Counselors and Adult Volunteers.

Volunteers Needed For Camp!

It takes a lot of motivated volunteers to operate camp each year. Soldiers, Airmen, and family members all contribute greatly to the success. Below are a list of positions that are needed:

**Nurse/PA
Kitchen Staff
Bivouac Staff**

**Bus Drivers
Logistics
Kayak instructor**

**Cabin Counselors
Archery Instructors
Day Camp Leaders**

Operation: Military Kids (OMK) Teen Training, 28-30 April 2006

On Friday April 28th through Sunday April 30th we will be hosting a Teen Conference and Training seminar for High School students at the Ramada Inn in Bangor. The basic schedule will be Friday afternoon until Sunday afternoon. Select adult staff volunteers will also be accepted as chaperones and mentors. Teens will be provided all meals on Saturday as well as Breakfast on Sunday. **THERE WILL NOT BE ANY TRANSPORTATION PROVIDED!**



There will be a \$50 activity fee due by Thursday, 13 April 2006, for all in attendance. All adults will be expected to refrain from cigarette and alcohol use during the weekend. If this is a problem, don't sign up. Some of the training we are planning is: **Team Building, True Colors, Mobile Tech Labs - a resource for us, Operation Teen Speak-out, Regional Break outs, "Life as a Military Kid," Project Planning**

Teen White Water Rafting Trip

June 28-30

Join us for a three-day adventure of whitewater rafting down the Kennebec, teambuilding games, delicious food (bugs not included), and lots of fun. Cost is only \$40. Applications and more details will be on the MENG Family Program Website.

Point of Contact for all Youth Events is Rick Bach, Child & Youth Specialist. You may reach him at Richard.Bach@us.army.mil or by phone at 626-4384. All applications, details and information can be found at the MENG Family Program Website at www.me.ngb.army.mil/family

Guard Family Team Building Instructor Training Course (ITC)

Thursday and Friday - March 16 & 17, 2006

8:45 am – 4:00 pm

Armed Forces Reserve Center – Bangor, Maine
MENG Volunteers, Staff and Military Leadership are
invited

Have you ever attended a presentation that made you
remember the presenter forever?

Have you ever been in a class that you felt truly
energized when you walked out?

Ever wish that you could feel as comfortable in front of
a crowd as that speaker appears to be?

If you answered, yes... then, this is where you need to
be. This exciting training will teach you to work with
your military families in a motivating and professional
way.

Our training will be conducted by professional trainers
from the Guard Family Team Building Team!

NOTE: Students should be enrolled in the GFTB
online course. We prefer 50% completion, but not
necessary. There will be computers at the AFRC that
you can work on in the evenings.

Unit Volunteer Coordinator and Leadership Training

Saturday, 18 March 2005

8:00 am – 12:00 pm

Armed Forces Reserve Center – Bangor,
Maine

All UVCs and Unit Representatives are invited for this
important training.

The guard has changed and our mission is more important
than ever.

Come and discuss the basic fundamentals of the Family
Readiness Teams and share your ideas and concerns with
us. This is how our program grows and improves!

Mark your Calendars

The Family Program would like to invite all volunteers to
attend the State Conference to be held in Bethel, Maine on
July 7-9 at the Grand Summit Resort in Bethel, Maine. For
more information and registration forms, go to
www.me.ngb.army.mil/family

Military leaders are encouraged to come, however due to
budget restraints, we can not guarantee pay and
allowances for this trip! Check with your unit, as time gets
closer money may be come available for this priority
mission of servicing families on the homefront!

Where there's a Will, there's a Way

Tricare has you covered!

NEW - Early Tri-Care: This is an important benefit for soldiers and families who are on the list to deploy! Some members of the National Guard and Reserve (collectively known as the Reserve Component, or RC), who are issued delayed-effective-date active duty orders for more than 30 days in support of a contingency operation, are eligible for "early" TRICARE medical and dental benefits beginning on the later of either: (a) the date their orders were issued or (b) 90 days before they report to active duty. You must make sure your family is in the DEERS system to be eligible.

Because you do not receive your tri-care briefings that far out, it is very important that you understand this benefit, it could save you lots of money!

TAMP – Transitional Assistance Management Program: Soldiers who return from deployment are entitled to 180 days of continued Tri-Care benefits. If you are enrolled in Prime, you must reenroll. For more information, go to the website!

TRS – Tricare Reserve Select – This is additional insurance that returning soldiers can purchase for them and/or their family. This could be a huge savings for you, so check it out! The cost is \$81 for member only or \$253 for TRS member and family coverage.

Tricare For Life – Did you know that when a guard family retires from the guard, they still reap benefits? When you turn 60 and starting to fall apart, the benefit of being a retiree kicks in! Tricare for life is for military and families and is a HUGE saving in our "old" age!

For detailed information about these benefits, go to

www.tricare.osd.mil

If you do not have access to this or need further help, contact the Family Assistance Center

United Concordia Dental Program information can be found at

www.tricaredentalprogram.com



Flat Soldier Sightings

"Bringing my husband (flat daddy) with me to various places gives me such a sense of pride that I am the spouse of an American soldier. It also warms my heart to be able to look into this life size picture of him and have him looking back at me and I just love it." Quote by Lynn Fortin, 152 Maintenance Company, Co-UVC and loving wife of SGT Gerald Fortin

Keeping the feeling of connection within our military families is a challenge. Flat Soldiers are appearing all over

the state in some pretty interesting places!! The project raises morale, can bring a piece of the soldier into every event, and comforts the home. If you are interested in making a flat soldier for your family, send a high quality digital photo to Barbara.Claudel@us.army.mil or if your soldier is available, we can take the picture for you!

For those who have a flat soldier: We want to know what is happening... are you having fun yet?? Email us a picture to post on our Flat Soldier webpage and each month there will be a drawing for a dinner for two.



National Guard Bureau Family Program & Chaplin Services'

Marriage Enrichment Seminar



Where: Bar Harbor Regency Hotel

When: May 12-14 Friday is a travel day, Saturday class is conducted from 8:30 a.m. – 4:30 p.m., Sunday class will be conducted from 8:30 a.m. – 1:00 p.m.

Who: Any military couple. First priority will be given to couples who have experienced the challenge of deployment since 9/11

Cost: FREE – spouses will be placed on an invitational travel order and will be reimbursed for mileage, hotel and food. Military members will not receive pay and allowances unless their unit has funding available.

Sign up today by emailing Lori.m.jones@us.army.mil or calling 430-2005. You will need to give the names of the soldier and spouse, social security of spouse for invitational travel orders, address and phone number. You will need to register at the hotel once you get confirmation you have been registered with us. Lori will provide you with the information you will need to book your room at the hotel and any other valuable information.

What You'll Learn

Enjoying the good times: More than "Don't Worry, Be happy," learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

Viva La Difference! Gain fresh insight into why men and women see life so differently. You'll leave with a whole new appreciation for who you are and whom you love.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.

What is PREP? PREP is an educational program designed to help partners communicate and build a stronger connection to each other. It is a research-based approach to helping couples prevent divorce and preserve a lasting love. Developing and keeping open communication lines is key to maintaining a successful marriage especially after experiencing long separations associated with deployment.

Limited to 25 couples

Maine Family Assistance Centers are Here for YOU!

Our Family Assistance Centers are located across the state for your convenience. This program is available 24/7 for ALL service members and their families whether deployed or serving our state as a traditional reservist. One easy phone number reaches a staff member from 8 a.m. to 8 p.m. Monday thru Friday. If you have an emergency at night or on weekends, you will reach a recording that will instruct you to call the person on call. One, simple number to remember: Toll Free 1-888-365-9287 (1-888-FMLY-CTR).

Additionally, we have family assistance centers located in the following areas:

Portland - Stevens Avenue Armory, 2nd floor – Jeff Young
Augusta - Augusta Armory, 2nd floor - Kerry Birmingham (FAC Manager)
Bangor - Armed Forces Reserve Center, Troop Command area - Amy Munroe
Caribou - Caribou Armory - Gerald Soucy

These individuals are available to help you find resources in your area and nationwide. Their office hours vary so you may want to consider calling the toll free number to set up an appointment.

Family Reunion Briefings Scheduled

Reunion briefings for families of returning soldiers have been scheduled for March. Anyone who wants to hear this information is welcome to attend any of these briefings. These briefings are excellent opportunities for loved ones of soldiers to come together and share thoughts of making this transition as easy as possible. In addition, there will be a specialist from the VA, Vet Center, Tri-Care, Chaplain, and Family Program.

Saturday, March 4th	3-5 pm	Augusta Armory
Sunday, March 5th	1-3 pm	Bangor AFRC
Saturday, March 11th	1-3 pm	Caribou Armory



Portland Heart to Heart Families supporting families

This Heart To Heart Support Group is open to ANYONE who has deployed family members or friends – regardless of branch or unit.

We would like to invite you to join us at the Stevens Avenue Armory, Portland on the **2nd Wednesday** of each month from 6pm to 8pm you are welcome to bring a "brown bag" dinner. These are informal meetings of people who have a deployed loved one. We do have a small area for children to watch movies or play games. If you plan to attend, please contact Linda Newbegin at 650-2796 or newbeginmeng@xpressamerica.net
Hope to see you soon,

Linda Newbegin
Volunteer Coordinator
Maine Army National Guard Family Readiness
Volunteer
Home- 642-6977, Cell 650-2796
newbeginmeng@xpressamerica.net

Some Tips for Readjusting to Civilian Life

1. **Expect Things to Be Different.** You can expect changes in home, work and family. Different can be good if you work together to deal with these changes.
2. **The war will stay with you for awhile.** There will be plenty of reminders once you get home and these reminders can be distressing. You will need to develop strategies and techniques for dealing with these reminders.
3. **Ease your way back into civilian life.** Get plenty of rest and relaxation!
4. **Ease your way back into family life.** Give your children time to get used to you. Give yourself and your family a break – you all deserve it. Take time to rediscover each other.
5. **Reconnect to the people, places and activities that used to give your life meaning.** Don't isolate yourself from the community around you.
6. **Figure out a strategy for talking to others about your war experience.** Think about what is comfortable for you.
7. **Be mindful of signs that you are having trouble adjusting.** Depression, apathy, isolation, irritability, sleep problems and avoidance of people and activities are common. If they last longer than 3-6 months, you may need assistance.
8. **There is no shame in combat veterans seeking help.** There is help for those who reach out.

In spite of everything, be proud of your service as a war veteran! Nowhere else in society is the concept of honor more relevant than in a community of war veterans. Be proud!

Mark your calendar

There are events happening around the state sponsored by different units or groups. We are all in this together and everyone is welcome to attend whatever is convenient for you!



Caribou Area

Saturday, March 11th Reunion Briefing 1- 3 p.m. Caribou Armory

Saturday, March 11th Soldier & Family Mobilization Briefing 8:30 – 2:00 p.m. – Caribou Armory – Any soldier and loved ones in the area who are preparing for deployment should attend this briefing. This is where you will be able to meet the experts in finances, medical and dental insurance, family readiness, and much more! Get connected early – make your deployment a success!

Friday, April 7th Northern Maine Teen Council organizational meeting. 6-7:30 p.m.: All teenage children of Guard members in the Caribou/Presque Isle area are welcome to join. We'll plan activities, have fun, make new friends, help with Family Readiness Groups, go on trips, etc. We'll meet at the Caribou Armory. Pizza and drinks will be provided

Saturday, April 8th Giant Easter Egg Hunt & Party 9-11 a.m.: at Caribou Armory. Fun, games, and prizes!

Bangor Area

Sunday, March 5th Reunion Briefing – ARFC – 1-3 p.m.

Saturday, March 11th "Getting to know each other" event for friends and family of the 172nd Mtn Co and SECFOR mission. 1:00 p.m. Maine General Hospital, Waterville. We will meet in the gym at the adolescent program. There will be room for kids, and board games, arts and crafts supplies and Nintendo 64, some of the older ones might want to join us in some of the team building games. *Nancy Kelly will be hosting this event. Please call her at 872-4078 if you have questions.*

Friday, March 17th Penobscot Valley Teen Council organizational meeting. 6-9:00 p.m.: All teenage children of Guard members in the Bangor area are welcome to join. We'll plan activities, have fun, make new friends, help with Family Readiness Groups, go on trips, etc. We'll meet at the Bangor-Brewer Bowling Lanes for a meeting followed by bowling. The cost is \$7.00. Refreshments will be provided. Please contact Rick Bach by March 15th if you are interested in coming. Phone: 626-4384 or Richard.Bach@us.army.mil.

Thursday, March 30th Family Support Group Meeting held at the 112th Medical Co. All meetings are potluck and run from about 5 – 7 pm. Sharon Rideout will host this event, and is open to ANY military family who wants to share time together. Sharon's husband left more than a year ago, so come and share some food and conversation with others who are going through the same type of events. Please let her know if you plan to come to a meeting by calling 848-2914.

Saturday, March 18th . 172nd Mtn Co SECFOR Family Support Group meeting 1:00 p.m. AFRC POC is Meaghan Jones or Ruth Lachapelle. Childcare will be provided

Saturday, March 18th Scrapbooking Class 3-6 p.m. AFRC We are having two creative memory consultants come in and teach beginner and more advance cropping techniques. If you could please RSVP Ruth by March 15th that would be great. My contact info is 634-4584, or email at lach_@adelphia.net.

Saturday, April 15th , Giant Easter Egg Hunt & Party 9-11 a.m. at Armed Forces Reserve Center in Bangor. Fun, games, and prizes! Veditalk messages available to make to your loved ones away and a visit from the Easter Bunny too!

Brunswick Naval Air Station has some great benefits that any military family can take advantage of. Trips, tickets, events are all open to you! Check out the Moosetracks, their newsletter, which we post to the MENG family website for your convenience

Augusta Area

Saturday, March 4th Reunion Briefing 3-5 p.m. Augusta Armory

Saturday, March 11th Family Support Group Meeting 4:00 p.m., at the Augusta Armory will be a potluck dinner. We would like to have door prizes to give out at our potluck dinner meeting, if you are interested in helping with this event, please contact Michelle Fate at 453-0059.

Saturday, March 11th Family Skating Party 6-9 p.m in Augusta at Kennebec Ice Arena. Skating, Pizza, and Drinks are FREE! This is a family event. All Guard members and their guests are welcome. Please RSVP NLT 8 March to Richard.Bach@us.army.mil.

Thursday, March 16th Family Support Group Meeting. Augusta Armory - 6 p.m. Augusta Family support group meetings are for any family member to come and share good times and make new friendships. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well. Please contact Lynn 557 -5500 or Lynnfortin@adelphia.net

Friday, March 31st. Kennebec Valley Teen Council organizational meeting. 6 – 7:30 p.m All teenage children of Guard members within traveling distance to Augusta are welcome to join. We'll plan activities, have fun, make new friends, help with Family Readiness Groups, go on trips, etc. We'll meet in the TAG conference room at Camp Keyes for this first information and planning meeting. Refreshments will be provided. Please contact Rick Bach by March 15th if you are interested in coming. Phone: 626-4384 or Richard.Bach@us.army.mil.

Sunday, April 9th Easter Egg Hunt and Party for the children of all ages 2:00 p.m. Augusta Armory. This is open to ALL military families and will be a great event full of fun and prizes. Vidgetalk messages to your deployed soldier and a visit with the Easter Bunny too!

Thursday, April 20th Family Support Group Meeting 6 p.m. This meeting is for anyone who has a deployed Service Member. We invite those families also who have a Service Member who has just returned as well. Please contact Lynn 557 -5500 or Lynnfortin@adelphia.net

Portland Area

Wednesday, Mar 8th, Portland Armory – Heart to Heart Group Meeting – 6-8 p.m. Call Linda Newbegin at 650-2796 if you are planning on attending.

Saturday, April 15th Giant Easter Egg Hunt – 9 – 11 a.m. Stevens Avenue Armory, Portland, Fun games and prizes along with LOTS of eggs! Vidgetalk messages to your deployed soldier and a visit with the Easter Bunny too!

Lewiston/Auburn Area

Saturday, March 11th Craft/Scrapbooking Night 6:30 p.m. - Lewiston Armory. Please call Priscilla Hebert at 966-2900 if you are interested in attending.

Friday, March 24th Southern Maine Teen Council meeting and fun night 7:15 – 9:00 p.m.: All teenage children of military members in the Portland/Auburn/Lewiston area are welcome. We'll be meeting at the Rollerdomo in Auburn. Admission and skate rentals cost about \$7.00. Come down and let's get together for a night of fun skating. Please call Adam or Stacy Knoblach at 777-7223 to sign up, that way we will have your information in case of changes.

Saturday, April 8th Craft/Scrapbooking Night 6:30 p.m. - Lewiston Armory. Please call Priscilla Hebert at 966-2900 if you are interested in attending.

Check out these great websites:

www.guardfamily.org

www.guardyouth.org

www.militaryhomefront.dod.mil

Unit Spotlights

Co G, 126th Avn Co

Kelley Curtis – Unit Volunteer Coordinator

Our five soldiers, SSG Wing, Sgt Spaulding, SPC Larrabee, SPC Lagoy and SPC Rowe have definitely been challenged the last couple of months. They have been extremely busy with aircraft maintenance. Not only doing Phase Maintenance, (when they do the extended maintenance and go totally through the aircraft and replace any components that show signs of wear) but also working twelve hour shifts on the flight line in support of many hours of flying, doing missions.

Unfortunately, the company has not gone without the ultimate sacrifice. In January they lost a flight crew while on a mission. None of our Maine soldiers were involved. Please keep those family members, who lost loved ones, in your thoughts and prayers.

I have received a lot of positive comments from 1SG O'Donnell, their First Sergeant, of how well our Maine soldiers are doing and how pleased he is with their performance. We can be very proud of them! They have recently moved to a new operating base in Iraq, so they have been busy getting established.

We can also congratulate SPC Spaulding in being promoted to Sergeant! Please feel free to contact myself or my wife, Kelley if we can be of any assistance. 207-365-7265 or Cell 974-9029

New Address:

Rank Name

Task Force No Mercy

G 126th AVN FOB Sykes

APO AE 09379

Mission First, Families Always,

1SG Steve Curtis

240th Engr Group

Michelle Fate – Unit Volunteer Coordinator

Where to start? I could write a book here, there is so much going on. Let me start with this bit of exciting news - there will be a 4-day pass! Yes!! Right now it looks like that will happen from 1800 on March 10 – 1800 on March 14. I am looking into some travel options for you and will provide that information to you all. Your soldiers will have to remain within 2 hours of Camp Atterbury.

Our phone tree is operational and everyone should be receiving telephone calls from their phone tree point of contact (POC). If you have not been contacted please let me know in case we have incorrect information. Everyone should also have received a Skills Assessment Form, thank you for taking the time to complete the form and mailing it back to me.

We've had some very good ideas in regards to the bumper stickers that were handed out – because not everyone wants to put a bumper sticker on the car, here are two alternatives:

1. JoAnne Fabrics, Bangor (possibly in other areas as well) has a big magnet sheet (9 x 11) that you can put the bumper sticker on and cut it out to place on the automobiles; 2. Using hair spray, spray the front of the bumper sticker and stick in to the back window, it will easily come off later.

Augusta Country Club has offered a round of golf to three people (ages 7 and up) per month. This invitation is open to anyone that is related to someone that is deployed. At this time, tee times are only available on Tuesday's and the participants must select the same date, time. Junior clinics are also available. To coordinate any of these events please contact me by e-mail and I will provide you with additional information.

Ok, I'm done! I've tried to shorten this three times and it keeps getting longer! Please remember if you need assistance, use your Chain of Concern – you are why we are here!

FREE TurboTax Available

TurboTax is being made available at no cost to service members by the Department of Defense at the Military OneSource website at <http://www.militaryonesource.com/>.

For more information and current updates, visit the Military OneSource website at <http://www.militaryonesource.com/>. To access your 2005 W2 online, visit MyPay at <https://mypay.dfas.mil/mypay.aspx>

152nd Maint Co
Linda Emonds – Unit Volunteer Coordinator

Lets decorate the Armory for our soldiers WELCOME HOME. On the day of the reunion briefings there will be poster board, paper and things to decorate with, so bring your creativity and make a sign that we can hang up for the soldiers to see. Childcare will be provided and the children can make posters while you are in the briefings. You can also make them at home and bring them the day of the briefings. Goal is to decorate the Augusta Armory as this is where they will stop in Maine. We will make sure that the signs get to Augusta after the briefings.

We will be welcoming home our soldiers of the 152nd Maintenance Company soon. It is count down time and as we all are getting anxious. If you are not hearing from the soldier as often as you were a couple of weeks ago, keep mind that they are getting ready to come home and they are extremely busy but will see us soon. Celebration is in the air!!!! Take care of yourself and we will see you soon.

Co A, 133d Engr Bn
Lori Jones - Unit Volunteer Coordinator

I hope everyone is enjoying the mild winter. Spring isn't too far around the corner. We have some soldiers from Alpha Company that have gone with the Mountain Infantry unit. We really need to show our support to them while they are gone as they will still be a part of the Alpha Company Family when they return. If you would like to write to them their address right now is:

Rank, Soldiers Name (Last Four # of SSN)
B Co. 3rd Battalion 172 Infantry Regiment (MTN)
Building #6038, Doughboy Loop
Fort Dix, NJ 08640-9001

The soldiers that went with them are: SPC Justin Brownell, SGT Daniel Parker and SPC Aaron Rollins. I am sure they would all appreciate mail from their fellow soldiers from Alpha Company. I will update you on their new address when they move from Fort Dix to their next destination.

I will be meeting with 1SG Prest during drill weekend to sit down and discuss some things that we need to do to get our family program on track and to see what kind of events we might want to have for our families. If anyone has some suggestions please pass them along and we will see what we can do.

For those of you that aren't aware of it I have taken a new job with the State Family Program office at Camp Keyes. We offer a lot of great benefits for the soldiers and their families so please if you need anything feel free to call me. My new work number is 430-2005 or you can reach me at home at 948-5265. My new email address is lori.m.jones@us.army.mil. Please do not hesitate to call me if you need anything. Our family program is not just there for deployments but for all times. Until next time, enjoy the mild temperatures and just THINK SPRING!!

Co C, 133d Engr Bn
Priscella Hebert - Unit Volunteer Coordinator

Hope everyone had a great Valentines Day. Our thoughts and prayers are with the Soldiers that were recently deployed. If any of their families need anything please give us a call or send us an email. We are looking for ideas of activities that you would like to see our family group offer to our families. Any ideas please email me or join us for one of our meetings. Everyone is welcome. Our next come together meeting is at the Lewiston Armory at 6:30 on **March 3, 2006**.

Thanks Priscilla Hebert Phone 207-966-2900

**He Said, She Said
in the Volunteer world**

*by Joan Perry, CAVS Bon Secours St.
Francis Hospital*

*"How can I be of help?" she asked,
"I have a good idea," he said,
"Here, hold my hand," she suggested,
"We'll do it together," they offered.*

*"We'll be right here until it's done."
"Let's do it this way, its more fun!"
"It's what we're here for it's no fuss."
"Call us back if you should need us."*

*"She needs our help, God bless her
heart."
"Oh, I'm just glad to do my part."
"Walk with me, I'll show the way."
"Goodness no, I don't want pay."*

*"You can do it, I'll show you how."
"You need it when? I'll do it now."
"If you need anything I'm right here."
"Who am I? A volunteer."*

DVEM

Attn: Family Program Office
State House Station #33
Augusta, ME 04333-0033



MILITARY ONE SOURCE

Military OneSource is a 24-hour, seven-days-a-week, toll free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Military OneSource provides information ranging from every day concerns to deployment /reintegration issues. Additionally, if there is a need for face-to-face counseling Military OneSource can provide a referral for six sessions per issue with professional civilian counselors at no cost to the military or family member (please note in-person counseling is only available in the United States and Puerto Rico). Overseas, Military OneSource can help access those existing services provided through the Medical Treatment Facilities.

In addition, Military OneSource offers a web-site at www.militaryonesource.com (user id: military; password: onesource) for information on a variety of topics and issues. Users may use the Website to order educational materials (booklets, cds, etc.) at no charge and access consultants on-line on a 24/7 basis.

Stateside: 1-800-342-9647

Overseas only: access code,*800-3429-6477

Overseas deployed or in remote areas can call collect: 1-484-530-5908

*Use access code before dialing the toll free number. Access codes can be found at "Contact us"

www.militaryonesource.com

User ID: military Password: onesource

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-679

Comments or suggestions for upcoming newsletter features may be directed to:

Jen Benson

Family Readiness Assistant

Jen.Benson@us.army.mil

1-800-581-9989, or 430-2132.

DVEM, Attn: DPA-FP

State House Station #33

Augusta, Maine 04333-0033

Interesting Websites

<http://www.operationhomelink.org> - Free computers for spouses or parents of deployed military rank E-1 through E-5

<http://www.prweb.com/releases/2004/2/prweb106818.htm> - free mail/gifts sent to children of deployed military

<http://www.operationuplink.org/> - Free phone cards

<http://www.operationshobox.com> - Free shoebox care package

<http://www.treatthetroops.org> - free cookies sent to deployed military

<http://www.bluestarmoms.org/care.html> - free care packages

<http://www.heromiles.org> - free air travel for emergency leave and for the family members of injured soldiers to travel to medical facility

<http://www.booksforsoldiers.com> - free books, DVDs and CDs

<http://www.operationmilitarypride.org/> - free care packages for deployed military